

I CLAIM:

1. A removable walking sole for a shoe, comprising:
 - a) an outer sole corresponding generally to a sole of a shoe to provide traction for the wearer; and
 - b) an elasticized upper for securing the outer sole to the lower exterior portion of a shoe.
2. The walking sole of claim 1, wherein the upper is capable of stretching to provide a snug fit between the outer sole and a shoe and allowing the walking sole to be easily slipped onto and off of a shoe.
3. The walking sole of claim 2, wherein the upper is made of stretchable fabric.
4. The walking sole of claim 1, wherein the outer sole is made of resilient material suitable for the sole of a walking shoe.
5. The walking sole of claim 4, wherein the outer sole is made of rubber.
6. The walking sole of claim 4, wherein the upper layer of the outer sole is sufficiently resilient to absorb the impression caused by a cleat when the walking sole is worn on a cleated shoe, and to substantially return to its former shape when the walking sole is removed from the shoe.
7. The walking sole of claim 4, wherein the outer sole includes a bottom layer and an upper layer.
8. A removable walking sole for a shoe, comprising:
 - a) an outer sole corresponding generally to a sole of a shoe to provide traction for the wearer, the outer sole including a bottom layer made of a resilient material suitable for the sole of a walking shoe, and an upper layer that is sufficiently

resilient to absorb the impression caused by a cleat when the walking sole is worn on a cleated shoe and to substantially return to its original shape when the walking sole is removed from the shoe; and

b) a stretchable upper for securing the outer sole to the lower exterior portion of a shoe, the upper capable of stretching to provide a snug fit between the outer sole and a shoe and allowing the walking sole to be easily slipped onto and off of a shoe.